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Crape myrtles bring beauty to post roadways.

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Noise alert

Fort Jackson's anti-terrorism training exercise is set for Wednesday. Community members may hear loud explosions, gunfire and sirens.

The Fort Jackson Leader

Thursday, September 4, 2008

Published for the Fort Jackson/Columbia, S.C. Community

www.fortjacksonleader.com

Post braces for Hanna

Susanne Kappler
Leader Staff

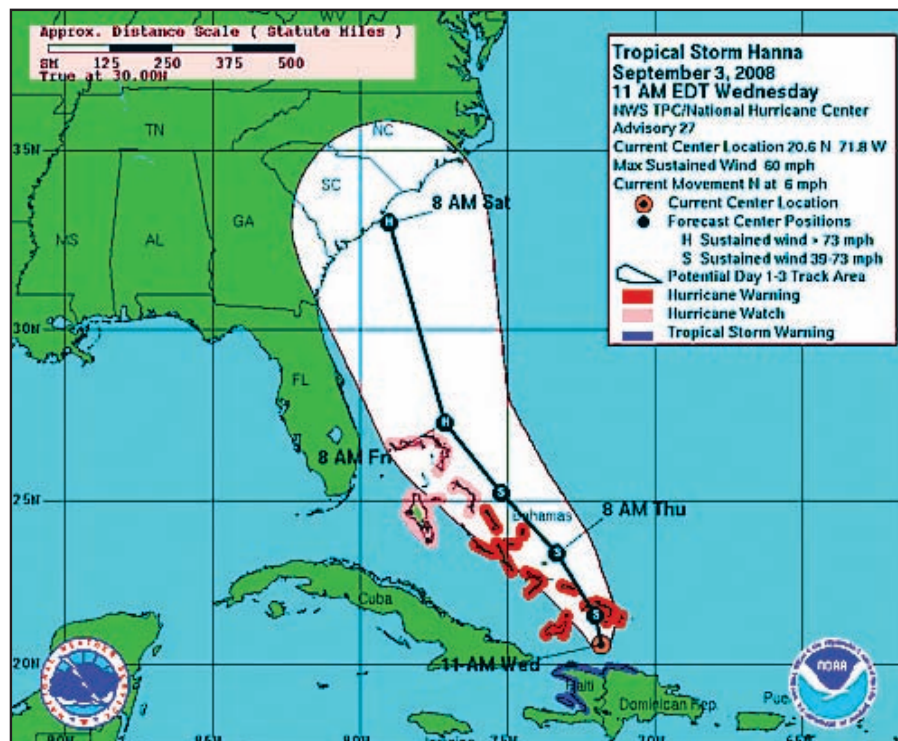
As this year's hurricane season kicks into full gear, Tropical Storm Hanna is making its way toward the Southeastern seashore. As of press time Wednesday, the storm was projected to make land-fall Friday or Saturday as a Category 1 hurricane somewhere between Florida and North Carolina. A category 1 hurricane packs winds of 74-95 mph.

Because of the storm, graduation for the 1st Battalion, 61st Infantry Regiment has been moved to 9 a.m., today. Family Day activities are canceled.

The possibility of Hanna hitting the South Carolina shore could have a serious impact on Fort Jackson.

"The hurricanes that come in from straight across the Atlantic and hit Charleston just keep on going straight across to Columbia like Hugo did in 1989," said John Coynor, Fort Jackson's force protection officer.

It is important for everyone in the area to stay on top of the latest developments.



See **Hanna** Page 10

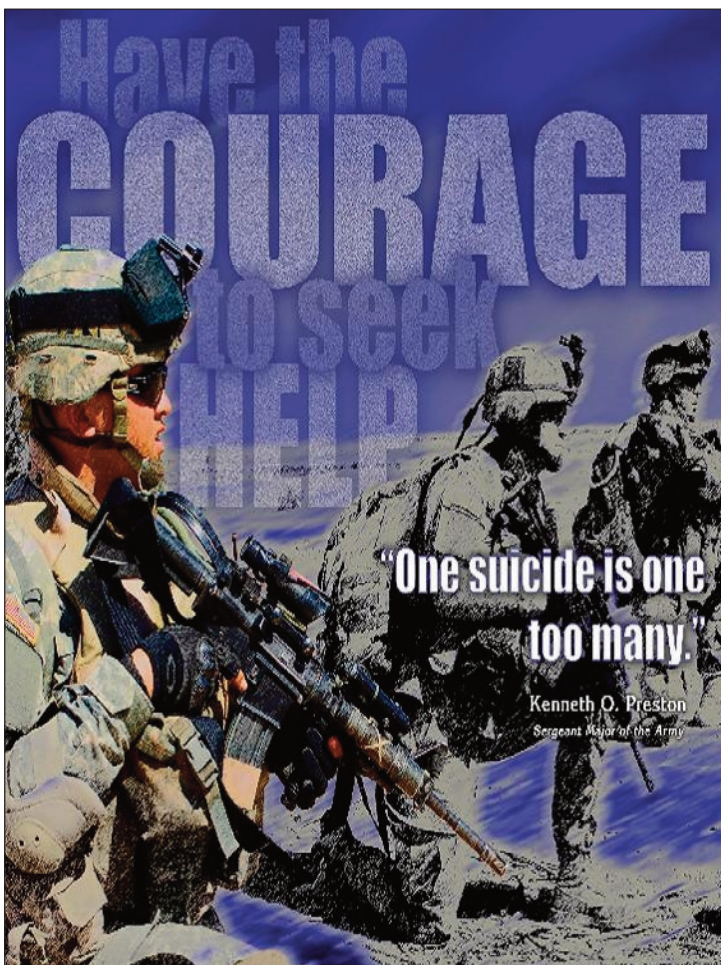


Illustration by Department of the Army

Know suicide signs

Awareness, knowledge save lives

Mike A. Glasch
Leader Staff

Unit leaders need to be the first line of defense in preventing suicides. That's the message from the head of Fort Jackson's behavioral health department.

"The leaders at Fort Jackson — company commanders, first sergeants, drill sergeants and chaplains — are on the frontlines of suicide prevention. They interact with the Soldiers on a day-to-day basis," said Maj. Rodney Villanueva, medical director, Department of Behavioral Health, Moncrief Army Community Hospital. "They have to create a climate that takes suicide threats, or thoughts of suicide, very seriously and treats it with respect rather than ridicule."

According to the Army Suicide Event Report, last year 115 Soldiers took their own lives. That is up from 102 Soldiers committing suicide in 2006, and the highest number since record-keeping began in 1980.

As part of Suicide Prevention Week, which begins Monday, in a podcast for Soldiers Forum, Sergeant Major of the Army Kenneth Preston also stressed the role of leaders in suicide prevention.

"Leaders have the responsibility of taking care of their Soldiers on and off the battlefield. This care includes recognizing the uncharacteristic suicidal behaviors which can be triggered by many factors. One suicide is one too many,"

Preston said. "Recognize the signs of suicide and depression and take care of each other."

Some of the warning signs that a Soldier may be contemplating suicide include:

- Talk of suicide or killing someone else.
- Giving away property or disregard for what happens to one's property.
- Withdrawal from friends and activities.
- Problems with girlfriend (boyfriend) or spouse.
- Change in eating habits.
- Change in sleeping patterns.
- Change in ability to concentrate and focus.

Villanueva is quick to point out that while the majority of those who are thinking about taking their own lives do exhibit at least some of the warning signs, that is not always the case.

"The signs and symptoms can be very obvious, but on the other extreme, there are people who won't show any signs," he said. "It can be very difficult trying to pick out or identify someone who won't show any signs that they are having difficulties."

In addition to recognizing the symptoms, there is another major hurdle that often needs to be cleared before a Soldier

See **Suicide** Page 4

COMMANDERS' CORNER

From the Commanding General

Suicide prevention involves entire Army family



BG May

One of the most disturbing trends in the Army today is the current rise in suicide rates. Losing just one life to suicide is too many, especially when suicide can be prevented. Yes, suicide is preventable; however, saving lives takes involvement by the entire Army family.

According to the latest Army Suicide Report, released in late May, 115 Soldiers took their lives in 2007, the highest number of suicides since record-keeping began in 1980. Army records show 102 Soldiers died by their own hands in 2006. There were 87 suicides in 2005 and 67 in 2004.

Most of the Soldiers who killed themselves were young and male, according to

the report, with failed personal relationships cited as the number-one cause. Most Soldiers who committed suicide did so at their home stations. Drug or alcohol use was a factor in 30 percent of the suicide cases.

Army-wide, we are being challenged to take a broader preventive approach with more deliberate and transparent objectives so that we can mitigate all risks that could lead to one taking one's life. Army leaders need to recognize the impact of these numbers and subsequently step up efforts on all fronts to aid Soldiers in dealing with the pressures and challenges they are facing.

We have put a strong emphasis and extraordinary amount of planning in the execution of suicide prevention education, awareness and training programs, which focus on Army values and the all-important roles that battle buddies play.

The Army is also working diligently at expanding its knowledge about mental-health issues and eliminating the stigma associated with those seeking help for their individual mental health ailments.

Feedback in any new training program is important, and it is important for Soldiers to talk about their experiences so that strategies can be modified and risks mitigated.

Last month, the Army instituted a new training program for Post-Traumatic Stress Disorder, brain injuries and stress. This training will be mandated for every active duty Soldier within 90 days.

The Army is also expanding its mental-health team. Some 250 mental health professionals have been hired, and the Army's medical personnel will be trained in the recognition of mental-health disorders.

The Army will observe National Suicide

Prevention Week from Sept. 7 to Sept. 13 as well as the World Suicide Prevention Day on Sept. 14. The theme this year will be "Shoulder-to-Shoulder: No Soldier Stands Alone." I urge all members of the Fort Jackson community to find out more about how they can become part of the solution.

This must be a total team effort at all levels. Every Soldier must learn how to provide support to another Soldier in distress. Suicide prevention is about Soldiers taking care of Soldiers and, in the Army, we take care of our battle buddies. Also, we take care of every member of the Army community, to include former Soldiers, families, civilians and other members of our Army family. Everyone needs to be involved in suicide prevention; it is our Warrior Ethos — "never leave a fallen comrade."

Ask the Garrison Commander

DD Form 214; training and foreign awards in OMPF



Col. Dixon

Q Who is entitled to receive a DD Form 214 (Certificate of Release of Discharge from Active Duty)?

A In accordance with Army Regulation 635-200, Active Duty Enlisted Administrative Separations, paragraph 3-3, individuals who are retired, discharged or released from active duty or active duty training will be furnished a record of their military service

on a DD Form 214.

Q How do I know which training documents are authorized for filing in my Official Military Personnel File?

A In accordance with Army Training and Leader Development, Army Regulation 350-1, if the training course consists of 40 hours or more and the certificate is from an official military school conducted at battalion level or above and signed by a lieutenant colonel, it is authorized for filing in the OMPF.

Q I was awarded a German Marksmanship Award in Silver and a German Parachute Badge, are they authorized to be filed in my OMPF?

A Yes, these awards can be filed on your OMPF if approved by a commander in the rank of brigadier general or by a higher level commander who exercises general court martial authority. You must submit a letter or a DA Form 4187 through your command channels for ap-

proval to wear the medals. See Army Regulation 600-8-22, Military Awards, Chapter 9, Section V, paragraph 9-2, Foreign Badges. Army Regulations may be accessed online at www.usapa.army.mil.

Garrison Fact of the Week

For the past two years, the BOSS talent show has won numerous awards as being part of the Army Festival of Performing Arts. The show is attended by judges who critique the show against other similar shows across the Army. This is also a great way to be seen and receive a recommendation to audition for the Army Soldier Show and other Army entertainment opportunities.

To submit questions to "Ask the Garrison Commander," call 751-5442, or e-mail Scott.Nahrwold@conus.army.mil.

The Fort Jackson Leader

Fort Jackson, South Carolina 29207

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To submit articles, story ideas or announcements for the community page, write the Fort Jackson Leader, Fort Jackson, S.C. 29207, call (803) 751-7045 or e-mail

fjleader@conus.army.mil.

Staff

Commanding General Brig. Gen. Bradley W. May
Public Affairs Officer Karen Soule
Command Information Officer Joseph Monchecourt
Editor Carrie David Ford
Staff writer Mike Glasch
Staff writer Ashley Henry
Contract writer Susanne Kappler
Web site www.fortjacksonleader.com

NEWS

Special services scheduled for holy days

Susanne Kappler
Leader Staff

The holy days have begun or are fast approaching for members of the Muslim and Jewish faiths. Soldiers in Basic Combat Training who identify themselves as Muslim or Jewish will be able to participate in special religious services on and off post during this time.

“The Installation Chaplain’s Office ensures that non-Christian Initial Entry Training Soldiers of all faiths are able to participate in their respective religions’ observances, particularly concerning Ramadan, Eid al-Fitr and Rosh Hashanah, which is their Constitutional right,” said

Chaplain (Col.) Henry Haynes, installation chaplain.

Ramadan, the holy month in the Islamic calendar, began earlier this week. While Muslim Soldiers are not exempt from training requirements during Ramadan, they may request a time and place to observe Maghrib (sunset prayers).

Soldiers also may observe the daily dawn-to-sunset fast. However, Soldiers may be exempt from the fast if, because of certain training requirement, fasting would cause harm to them.

Muslim Soldiers will be able to participate in an off-post service Oct. 2. Transportation is provided and is scheduled to

depart from the Main Post Chapel at 8 a.m. Soldiers are expected to return by 11:30 a.m.

For the Jewish community, the High Holy Days start Sep. 29 with the beginning of Rosh Hashanah, a holiday commonly referred to as the “Jewish New Year.”

“I estimate there are 25 to 30 Jewish Soldiers (including permanent party) on Fort Jackson,” said Stephanie Alexander, lay leader of the Jewish community on post.

Those Soldiers will have the opportunity to participate in an off-post service and holiday meal Sep. 29. Transportation to the service will be provided, and the departure

is set for 6:30 p.m. from Memorial Chapel.

In addition, a Rosh Hashanah service will be offered at 9 a.m., Sep. 30 at Memorial Chapel.

Services are also planned to mark Yom Kippur, the highest Jewish holiday. The beginning of Yom Kippur will be marked with a service at 6 p.m., Oct. 8 at Memorial Chapel.

Kol Nidre, the traditional Yom Kippur evening service, will start at 7 p.m., Oct. 9 at Memorial Chapel.

Currently, 40 Muslim and 19 Jewish Soldiers are in Initial Entry Training at Fort Jackson.

Susanne.Kappler1@us.army.mil

It's not too late to register to vote

Mike A. Glasch
Leader Staff

Time is running out for some Soldiers to request absentee ballots for November’s general election. Each state and U.S. territory has a different deadline for requesting a ballot.

Soldiers and family members eligible to vote are being encouraged by the Army’s senior voting officer to take part in the political process, to register and vote for their state and national offices this November.

“Your vote gives you and your family members a way to influence how issues you care about are decided,” said Brig. Gen. Reuben Jones, Adjutant General of the Army. “Let your voice be heard by casting your vote, it makes a difference. Remember, wherever you are, it’s not too late to vote.”

Information about voter registration deadlines, state primary dates and absentee ballot applications is provided through the chain of command down by trained voting assistance officers. VAOs are forbidden by law from distributing partisan literature or promoting information about candidates, political parties or partisan organizations.

Those eligible voters who miss their state’s cut-off for requesting an absentee ballot will still have the option of voting for federal offices (president, U.S. Senate and the U.S. House of Representatives) by using the Federal Write-In Absentee Ballot.

A copy of the ballot, and links to other Army Voting Assistance Program can be found on the AKO home page at www.us.army.mil.

Some states allow the Federal Write-In Absentee Ballot to be used by military and overseas civilian voters in elections other than general elections or for offices other than federal offices.

Consult your state section in the Voting Assistance Guide to determine your state’s policy. A copy of the guide can be found on the Federal Voting Assistance Program Web site at www.fvap.gov.

The deadline to register in South Carolina is Oct. 4.

Michael.A.Glasch@us.army.mil



Photo by Susanne Kappler

Warning signs mark the area of Weston Lake that is off limits to recreational activities. The northern part of the lake is part of Fort Jackson’s East Impact Area, where unexploded ordnance poses a risk for trespassers.

Fishing in impact area risky

Susanne Kappler
Leader Staff

The abundance of wildlife on Fort Jackson is attractive to many outdoor sportsmen, but some locations are too dangerous for recreational activities.

“The whole East Impact Area is completely off limits to everything,” said Mark Smagner, deputy range officer. That area includes the northern part of Weston Lake, which is separated from the accessible part of the lake by a dam.

The entire lake used to be available to anglers, but the addition of new ranges in the East Impact Area has forced the closure of the part located north of Mortar Road about two years ago.

Unexploded ordnance from as far back as the 1930s can be found in the East Impact Area, according to Smagner. Warning signs are posted to notify everyone about the danger of entering the area.

“Don’t go past the UXO signs,” Smagner cautioned. “There are things out there — anything from 60mm mortars all the way up to 8-inch shells — that are high explosives. (Some are located) where you can see them on the surfaces, (some are) 2 feet under the ground. Any type of

pressure on those can set them off.”

While the East Impact Area is never open, other range areas may be available for recreational purposes during designated times.

“Hunting in the BRM (Basic Rifle Marksmanship) and small impact area is authorized when there is not one single range open,” Smagner said. “The scheduling office will open (these locations) for certain areas for certain days. It’s usually on Sundays.”

Anyone who intends to hunt or fish in range areas must check the hunting map at the Big Game Check Station located at Heise Pond off Semmes Road. There, all anglers must sign out to those areas and sign in upon their return. In addition, a vehicle control card must be filled out and placed in the windshield of any car entering the range area.

Anyone caught fishing or hunting in prohibited areas is subject to punishments in accordance with Fort Jackson Regulation 28-4.

Anyone who observes unauthorized activities in impact areas should call Military Police at 751-3115 or the game warden at 751-1392.

Susanne.Kappler1@us.army.mil

Around Post

AER Commander's Referral Training

An AER Commander's Referral Training is set for 9-10:30 a.m., today at the Education Center, Room B-302. For more information, call 751-4862/6325.

Combined Federal Campaign Training

Training for post staff, key person and project coordinators for the Fort Jackson 2008 Combined Federal Campaign is set for Tuesday at the Joe E. Mann Center. Training for military personnel will be 8-11:30 a.m. and training for civilians will be 1-4:40 p.m. For more information, call 751-4528/2669/7709.

Online Career Assessment Tool

There will be an Online Career Assessment 9-11:30 a.m., Tuesday and Sept. 23 and 30. For the location and more information, call 751-4867.

AFTB Advisory Council Meeting

An AFTB Advisory Council Meeting is set for 3 p.m., Tuesday at the Post Conference Room. For more information, call 751-4862/6325.

Marion St. Station Construction

Monday Marion Street Station will be under construction while a new roof is put on the building. The construction will last until Oct. 25. There may be changes to the entrance and exit during construction.



At your service

hours and phone numbers for key post facilities

All South Federal Credit Union, 782-9830 — 9 a.m. to 5 p.m., Monday-Thursday; 9 a.m. to 6 p.m., Friday.

American Red Cross, 751-4329/5923 — 8 a.m. to 4:30 p.m., Monday-Friday

Andy's Fitness Center, 751-4177 — 5 a.m. to 9 p.m., Monday-Friday; 8 a.m. to 6 p.m., Saturday; 10 a.m. to 4 p.m., Sunday; call for opening time on training and federal holidays

Army Career Alumni Program, 751-4109/4104 — 7:30 a.m. to 4:15 p.m., Monday-Friday

Army Community Service, 751-5256 — 8 a.m. to 4:30 p.m., Monday-Friday

Army Continuing Education Services, 751-5341 — 7:30 a.m. to 4:30 p.m., Monday-Friday

Bowling, Century Lanes, 751-6138 — closed Monday, 11:30 a.m. to 10 p.m., Tuesday-Thursday; 11:30 a.m. to 11 p.m., Friday; 1 p.m. to midnight, Saturday; 2-10 p.m., Sunday; Ivy Lanes, 751-4759

Car Care Center, 782-1639 — 8 a.m. to 5 p.m., Monday-Friday

Chaplain Museum, 751-8827/8079 — 9 a.m. to 4 p.m., Monday-Friday.

Child and Youth Services, 751-4865 — 7:30 a.m. to 4:30 p.m., Monday, Wednesday and Friday; 7:30 a.m. to 6 p.m., Tuesday, Thursday

Civilian Personnel Advisory Center, 751-3219 — 8 a.m. to 4 p.m., Monday-Friday

Class VI, 782-1601 — 9 a.m. to 7 p.m., Monday-Friday; 9 a.m. to 8 p.m., Saturday; 10 a.m. to 7 p.m., Sunday

Coleman Gym, 751-5896 — 5:30 a.m. to 9 p.m., Monday-Friday; 6 a.m. to 2 p.m., weekends, training holidays and holidays except Christmas and New Year's Day

Commissary, 751-5789 — 11 a.m. to 6 p.m., Sunday; 9 a.m. to 8 p.m., Tuesday and Saturday; 10 a.m. to 8 p.m., Wednesday-Friday

Department of the Army Photos (TSC), 751-7593 — 8-11 a.m. and 1-3 p.m., Monday-Thursday

Defense Military Pay Office, 751-6669 (*Soldiers*), 751-4914 (*Civilian*) — 8-11:30 a.m. and 12:30-4 p.m., Monday-Friday

Dental Clinics, 751-5178/6017 — 7:15 a.m. to 4:15 p.m., Monday-Friday

Family Health Center, 751-2273 — 7:20 a.m. to 8 p.m., Monday-Friday; 8 a.m. to 4 p.m., training holidays

Florist, 738-1812 — 9 a.m. to 5:30 p.m., Monday-Friday

Furniture Store, 787-9175 — 9 a.m. to 6 p.m., Monday-Friday; 10 a.m. to 5 p.m., Saturday; 11 a.m. to 5 p.m., Sunday

Hospital Retail Annex, 782-1263 — 7 a.m. to 4 p.m., Monday-Friday

ID Section, 751-7731 — 8 a.m. to 4 p.m., Monday-Friday

Legal Assistance and Claims, 751-4287/3603 — 9 a.m. to 4

p.m., Monday-Friday

LCI-SSSC, 790-5306 — 8 a.m. to 4 p.m., Monday-Friday

Main Outpatient Pharmacy, 751-2259 — 7:30 a.m. to 5 p.m., Monday-Friday

Military Clothing Sales Store, 787-5248 — 9 a.m. to 6 p.m., Monday-Friday; 10 a.m. to 5 p.m., Saturday; 11 a.m. to 5 p.m., Sunday

NCO Club, 782-2218 — Regular hours are 7 a.m. to 3:30 p.m., Monday-Friday and 8 p.m. to 2 a.m., Saturday. The NCO Club is open later for entertainment and special events; call for details and times

Officers' Club, 751-4906 — 8:30 a.m. to 4:30 p.m., Monday-Friday (open to nonmembers); 11 a.m. to 2 p.m., Sunday brunch (members)

Palmetto Falls Water Park, 751-3381 — closed Monday; 11 a.m. to 7 p.m., Tuesday-Saturday; 1-7 p.m., Sunday

Perez Fitness Center, 751-6258 — 5:30 a.m. to 9 p.m., Monday-Friday; 10 a.m. to 6 p.m., weekends and training holidays

Pools, Knight, 751-4796 — 6 a.m. to 2 p.m. Monday-Friday; closed Saturday and Sunday; Legion — noon to 7 p.m., Monday-Friday; closed Saturday and Sunday

Post Exchange, 787-1950/1951/1952 — 9 a.m. to 9 p.m., Monday-Saturday; 10 a.m. to 7 p.m., Sunday

Post Office, 782-8709 — 8:30 a.m. to 5 p.m., Monday-Friday

Recycling Center, 751-4208 — 7 a.m. to 3 p.m., Monday-Friday; Open 24 hours for drop-off

Refill Annex (PX mall), 751-2250 — 9 a.m. to 6 p.m., Monday-Friday

Reuse Center, 751-5121 — 10 a.m. to 2 p.m., Monday-Friday

Safety Office, 751-6004 — 7:30 a.m. to 4:30 p.m., Monday-Friday

Shoppettes — Lee Road, 782-0590 — 7 a.m. to 8 p.m., Monday-Friday; 8 a.m. to 8 p.m., Saturday and Sunday; Gate 1, 782-2076 — 7 a.m. to 9 p.m., Monday-Friday; 8 a.m. to 9 p.m., Saturday and Sunday; Gate 2, 790-4478 — 24 hours a day

SSI Retail Annex, 738-9189 — 8 a.m. to 2:30 p.m., Monday-Friday

Theater, 751-7488 — various times, Friday-Sunday

Thrift Shop, 787-2153 — 9 a.m. to 2:30 p.m., Tuesday; 9 a.m. to 5:30 p.m., Thursday; 9 a.m. to 2:30 p.m., first Saturday of the month

Vanguard Gym, 751-4384

Vehicle Registration, 751-5887 — 8 a.m. to 4 p.m., Monday-Friday

Veterinary Clinic, 751-7160 — 8 a.m. to 4 p.m., Monday-Friday

Anything we missed? E-mail us at fjleader@conus.army.mil. This information will be published the first issue of each month in The Fort Jackson Leader.

Suicide (continued from Page 1)

seeks mental health treatment.

"I think that, in general, there is still a stigma attached to mental health. This is an unfortunate prejudice," Villanueva said. "There is a stigma about people who seek mental health, there is a stigma about mental health providers, and in the military there is a stigma that if you go to mental health, it is a career-ender."

Villanueva said he thinks the Army has taken the steps necessary to help decrease the stigma, but that there is still work to be done.

"I think it goes to education, to creating

a culture and climate where seeking mental health is just as common and necessary as someone seeking medical care for a physical injury," he said. "It's up to commanders to be educated on what mental health is and what it is not. That's how we break down the stigma — demystifying it — and not seeing it as a career-ender. It's a long battle to destigmatize mental health care, but maybe we are on our way."

For more information on suicide prevention, call the MACH behavioral health staff at 751-5241.

Michael.A.Glasch@us.army.mil

New clinic serves Soldiers' mental health

Moncrief Army Community Hospital has opened a new clinic aimed at helping service members in need of mental health treatment as a result of exposure to combat. Services are available to active-duty service members and VA beneficiaries who have been deployed to a combat setting.

The services are a result of a grant from the Joint Incentive Fund from the

VA and DoD.

"We've been able to hire a psychologist, psychiatrist and clinical social worker to address the needs of a very specific population," said Maj. Rodney Villanueva, medical director, Department of Behavioral Health, MACH.

The staff can provide counseling and medication management. Eventually they will also offer group therapy.

Customer Service Corner

This week's article will focus on an issue submitted to Community FIRST during a Retiree Focus Group. The issue pertains to and was reviewed by the Directorate of Human Resources.

Title: Medical records review at retirement

Scope: Soldiers who are retiring do not know what is needed in their medical records during records review with the Veterans' Affairs representative, while in the Army Career Alumni Program. Despite the fact that the part-time VA representative does take medical records and attempts to quickly explain the system, this does not give the retiree enough planning for this review. This review process has the greatest impact on a retiree's overall medical compensation entitlement percentage.

Recommendation: Give a thorough class to all retirees as soon as they receive orders or early during ACAP. This will allow retirees an opportunity to gather all appropriate documents and give them a better understanding of the medical records review process before turning in medical records.

Response: Effective Oct. 1, the De-

partment of Veterans Affairs began increasing the length of monthly briefings from two hours to four hours.

The additional time allows participants to ask additional questions concerning Department of Veterans Affairs' procedures and records reviews. Clients can also schedule individual appointments with the VA representative concerning medical records reviews by calling 751-6071 from 9 a.m. to 4 p.m., Mondays and Thursdays. The VA representative's office is located in the Education Center, Room 207. These appointments may be scheduled at any time during and after the transition process.

The Fort Jackson ACAP Center also offers a monthly Disabled Transition Assistance Workshop concerning disability benefits and entitlements. ACAP clients, retirees and veterans are invited to attend the briefing as well. They may register for this class by calling 751-4109.

In addition, the Directorate of Human Resources Retirement Services Office hosts a biannual (March and September) pre-retirement orientation that is open to Soldiers with approved retirements.

The next orientation is set for 8 a.m. to noon, Sept. 25 in the Joe E. Mann Recre-

ation Center, 3392 Magruder Ave.

The Installation Action Council meeting has been changed and is now set for 9:30-11:30 a.m., Sept. 17 in the Post Conference Room. Fourth-quarter issues as well as all other active issues will be discussed during this council meeting. This community is encouraged to attend and be a part of the process.

All issues submitted through Community FIRST/AFAP can be viewed or new issues submitted through the Customer Management Services Web site. Submit issues whether it affects Fort Jackson or the entire Army; feedback is important. Submit issues and recommendations online at <http://www.jackson.army.mil/Well-Being/wellbeing.htm>. Click on "Submit an Issue or Recommendation" or click on the AFAP Logo to submit an issue.

ICE Appreciation

The garrison would like to congratulate the Directorate of Family Morale, Welfare and Recreation, specifically Auto Craft, and Dental Activity, specifically Caldwell Dental Clinic. They have achieved a 4.93 and a 4.75 rating, respectively, in employee/staff attitude out of a possible 5.0, for a 12-week period.

A tip of the campaign hat to this week's ...

Drill Sergeants of the Cycle

From the "First at Vicksburg" Battalion



Sgt. 1st Class Luke Hagan
Company A,
1st Battalion,
13th Infantry
Regiment



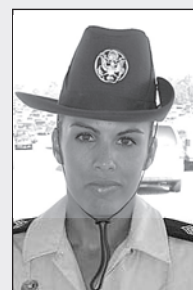
Staff Sgt. Marcus Brown
Company B,
1st Battalion,
13th Infantry
Regiment



Sgt. 1st Class Alonzo Monroe
Company C,
1st Battalion,
13th Infantry
Regiment



Staff Sgt. Wilson Lubin
Company D,
1st Battalion,
13th Infantry
Regiment



Staff Sgt. Betsy Fernandez
Company E,
1st Battalion,
13th Infantry
Regiment



Staff Sgt. Tawanda Clark
Company F,
1st Battalion,
13th Infantry
Regiment

Suicide

WARNING SIGNS:

- IRRITABILITY
- UNKEPT APPEARANCE
- ALCOHOL ABUSE
- ANXIETY
- ISOLATION
- DEPRESSION
- IMPULSIVITY

FEATURE

Have some coffee with your ‘crapecs’



Photo by Susanne Kappler

Crape myrtles, like the ones lining the shore of Semmes Lake, also line the streets of Fort Jackson. The first crape myrtles were planted as part of a post beautification project in the early 1960s.

Susanne Kappler
Leader Staff

The colorful crape myrtles lining the roads on Fort Jackson are among the post’s most distinct landscaping features.

The history of the plants dates back to the early 1960s, when the installation underwent a beautification program. To raise funds for the trees, the dining facilities on post were instructed to save the coffee cans.

Sgt. Louis Joslin, who worked at range headquarters, was in charge of organizing a work detail and supplying a truck. Joslin and his men took the coffee cans to a nursery in Summerville almost every week during a period of several years. The owner paid a penny per can. The money was then used to buy the crape myrtles. In addition, the nursery owner provided the Soldiers with care instructions and showed them how to root the plants from cuttings.

“We planted them on Fort Jackson Boulevard and Marion Avenue,” Joslin remembered.

These were two of the main thoroughfares at the time, so more of the Fort Jackson community would be able to see them. Throughout the years, the tradition has been kept alive by planting the trees as new streetscapes evolved on post.

“It is a joy driving through the fort and seeing all the crape myrtles in bloom,” Joslin said.

Susanne.Kappler1@us.army.mil

TFM Soldiers live a sailor’s life onboard USS Bataan

Command Sgt. Maj. Daniel Hagan
Task Force Marshall

Eight Task Force Marshall cadre were welcomed aboard the USS Bataan, a U.S. Navy Amphibious Assault Ship, Aug. 4-8, to experience firsthand how part of the Navy operates.

The USS Bataan, (LHD 5) was commissioned Sept. 20, 1997, and is the fifth ship in the WASP class of United States Navy multipurpose amphibious assault ships.

The mission of Bataan is to enable the Navy and Marine Corps team to accomplish a seamless transition “... from the sea” to the land battle, originally as the lead ship of an Amphibious Readiness Group and now as the centerpiece of an Expeditionary Strike Group.

While a multi-mission ARG was capable of amphibious assault, advance force, and special-purpose operations, as well as non-combatant evacuation and other humanitarian missions, the ESG also incorporates surface combatants to increase the group’s anti-air warfare and land attack capabilities.

Their experience began with their arrival in Norfolk,

Va., Aug. 4, and after boarding the ship and “stowing their gear” they began a brief tour of the ship starting with the bow, the hangar bay, and the mess deck, before turning in for the night.

On Day Two, they toured the well deck, lower vehicle storage, upper vehicle storage, hangar bay, flight deck control and flight deck, primary flight control, bridge, aft/emergency steering and ship’s store.

On Day Three, all were given the opportunity to meet, and speak with, the ships commander, Capt. “Rick” Snyder and his command master chief, Master Chief Petty Officer Jim Stuart.

“We always enjoy showing off this great ship, but the opportunity to show some Army folks a bit of Navy life was even better,” Snyder said.

The visit was an eye-opening experience for the Soldiers.

“I have a newfound respect for the Navy. Every job they do aboard ship requires split-second timing, a lot of knowledge and tenacity,” said Sgt. 1st Class Sandra Clemmons, TFM training noncommissioned officer. “I had no

idea how technically proficient the Navy sailor’s are and how much knowledge and experience they have to possess in order to do their jobs. It is truly remarkable.”

They conducted an interview with the ship’s public affairs officer, received a tour of the flight quarters and flight operations, as well as tours of the ship’s armory and medical/dental facilities.

The ship returned to Norfolk Aug. 6.

This visit by TFM, was the first in a series of visits designed to give Soldiers the opportunity to experience the daily life of a sailor and to gain a newfound respect for all the knowledge, training and experience they bring to the fight.

This will help TFM cadre in focusing training on realistic, theater-specific training — training the Navy already understands and uses in their day-to-day duties aboard ship.

These opportunities also enhance and complement our cadre’s understanding of how the Navy operates. Since we teach and instill the “Army culture,” it is only fair to give us a dose of the “Navy culture” in return.

Hanna *(continued from Page 1)*

The Fort Jackson Emergency Operations Center will continue to send updates via e-mail while available. In case of emergencies, the mass notification system on post will be used to transmit immediate warnings throughout the cantonment area, including parts of the housing areas.

In addition, everyone should follow the latest updates in the local media. Information about the condition on Fort Jackson will be available through several media outlets.

On the radio, stay tuned to WVOC-AM 560 (www.wvoc.com). News about Fort Jackson will also be available on Columbia’s local television stations: WLTX (www.wltx.com), WIS (www.wistv.com), WOLO (www.abccolumbia.tv) and WACH (www.wach.com).

Also, look for updates in *The State* newspaper (www.thestate.com) and online at www.jackson.army.mil.

While hardened structures, such as the buildings on post including the housing areas, are designed to withstand heavy winds, people living in mobile homes are urged to evacuate and seek shelter in more solid structures.

Fort Jackson has eight locations designated as shelters for Soldiers and family members who do not live in hardened structures. In case of an emergency, the first shelter to open will be the Floyd Spence Reserve Center, which can hold up to 100 people.

Other designated shelter locations on post are the MG Robert B. Solomon Center, C.C. Pinckney Elementary School, Coleman Gym, Pierce Terrace Elementary School, Vanguard Gym, Hood Street Elementary School and the Youth Services Center. In total, the shelters can accommodate about 1,000 people.

Several lower-lying areas on Fort Jackson, such as Sumter Avenue and the lake areas, may be affected by flooding during a storm. The Directorate of Public Works is taking precautions

to make sure flooding on post will be minimized. In case a storm approaches South Carolina, water levels on Semmes Lake, Twin Lakes and Weston Lake may be reduced to avoid additional flooding.

Area residents should prepare for the possible impact of Hanna — or any other storm — by getting their emergency supply kit ready (see box).

According to the National Hurricane Center, inland flooding can pose a major threat to areas hundreds of miles away from the coast as these storms often carry large amounts of rain. Anyone who lives in an area that might be cut off by flood waters, should move to a safe area before access is cut off. Residents should never attempt to cross flowing water because as little as 6 inches may cause vehicles to spin out of control.

Hurricanes also can produce tornadoes, which are hard to predict and may strike an area with little or no warning. In case of a tornado threat, everyone should move to the lowest floor of the building and take cover in an interior hallway, closet or small room.

In the aftermath of a storm, it is important to heed local safety advisories. Downed power lines are especially dangerous. Anyone encountering a downed power line needs to stay away, stay out of the water and — if the power line is on Fort Jackson — call the EOC at 751-5166/5167.

The Fort Jackson Severe Weather Emergency Action Plan is available to computer users on post by visiting www.jackson.army.mil/DPTM/index.htm and clicking on the G3/DPTMS Information Portal. Click on “plans” and go to “SWEAP 2008.”

For more information on hurricane preparedness, visit www.nhc.noaa.gov.

Susanne.Kappler1@us.army.mil

Disaster Supply Kit

- Water — at least one gallon daily per person for three to seven days.
- Food — enough for three to seven days: packaged or canned food and juice; snack foods; non-electric can opener; food for infants or the elderly; cooking tools and fuels; paper plates and plastic utensils.
- Blankets and pillows
- Clothing
- First aid kit/medicines/prescription drugs
- Special items - for babies or the elderly
- Toiletries/hygiene items/moisture wipes
- Flashlight/batteries
- Battery-operated radio
- Telephones — non-electric
- Cash (some small bills) and credit cards
- Keys
- Toys, books, games
- Important documents in a waterproof container, i.e. insurance, medical records, bank account numbers, Social Security cards
- Tools
- Vehicle fuel tanks filled
- Pet care items including food, care products, immunization records, medications and proper identification.

September Promotions

<u>Name</u>	<u>Rank</u>	<u>Unit</u>	<u>Name</u>	<u>Rank</u>	<u>Unit</u>
Churchwell, Raynard	MAJ	HQ/Co. A, 369th AG Bn.	Stewart, Tigris	SFC	Co. B, 2nd Bn., 60th Inf. Reg.
Min, Byung	MAJ	Co. A, Training Support Bn.	Stills, Michael	SFC	Co. E, 2nd Bn., 13th Inf. Reg.
Johnson, Lara	CPT	Co. A, Training Support Bn.	Stotko, Jason	SFC	Drill Sergeant School
Stewart, Keith	CPT	Co. A, Training Support Bn.	Walker, Tomas	SFC	CO. B, Victory Support Bn.
Valentine, Christina	CPT	Co. A, Training Support Bn.	Watford, Gary	SFC	17th MP Det.
Villarreal, Tami	CPT	Co. A, Training Support Bn.	Wente, Mikki	SFC	HHD 193d Inf. Bde.
Seals, Neal	SGM	HHC, 193rd Inf. Bde.	White, Daniel	SFC	HQ/Co. A, 3rd Bn., 60th Inf. Reg.
Hanzich, Scott	MSG	Co. E, 1st Bn., 61st Inf. Reg.	Worthington, Joseph	SFC	Co. F, 1st Bn., 61st Inf. Reg.
Walters, Marvin	MSG	2nd Bn., 307th FA (TS) Reg.	Akompi, Joseph	SFC	Co. D, 369th AG Bn.
Akana, Cassandra	SFC	Co. B, Victory Support Bn.	Brown, Josephine	SSG	HHC Training Support Bn.
Albright, Wayne	SFC	Co. D, 3rd Bn., 34th Inf. Reg.	Burrows, Tomeka	SSG	USA MEDDAC FJ
Anderson, Clayton	SFC	USA MEDDAC FJ	Carsten, James	SSG	31D37th MP CID
Bradford, Janet	SFC	HQ/Co. A, 2nd Bn., 13th Inf. Reg.	Collington, Rhea	SSG	NCO Academy
Campbell, Lisa	SFC	Co. E, 1st Bn., 34th Inf. Reg.	Ferguson, Clayton	SSG	Co. B, 2nd Bn., 13th Inf. Reg.
Coleman, Craig	SFC	USA MEDDAC FJ	Fisher, Rodney	SSG	Co. B, Victory Support Bn.
Francoangulo, Robert	SFC	HQ/Co. A, 2nd Bn. 13th Inf. Reg.	Goodwin, Averil	SSG	USA MEDDAC FJ
Gamble, Danitia	SFC	USA MEDDAC FJ	Green, Nicky	SSG	HQ/Co. A, 1st Bn., 61st Inf. Reg.
Gilman, Colin	SFC	HQ/Co. 3rd Bn., 34th Inf. Reg.	Gregory, Latoya	SSG	HQ/Co. A, 369th AG Bn.
Jasinski, Michael	SFC	Co. C, 187th Ord. Bn .	Hastings, Thomas	SSG	HHC, 187th Ord. Bn.
Knight, Karl	SFC	HHC Training Support Bn.	Leal, Lotus	SSG	Co. E, 1st Bn., 61st Inf. Reg.
Livingston, Virgil	SFC	Co. F, 3rd Bn. 34th Inf. Reg.	Mays, Demirce	SSG	USA MEDDAC FJ
Martin, Glenda	SFC	Co. D, 1st Bn., 13th Inf. Reg.	Murrell, James	SSG	HQ/Co. A, 3rd Bn., 34th Inf. Reg.
Mason, London	SFC	WT Co. A cadre	Newsome, Parrell	SSG	Co. E, 1st Bn., 61st Inf. Reg.
Mercier, Thomas	SFC	HHC, 187th Ord. Bn.	Randall, Matthew	SSG	Co. C, 2nd Bn., 39th Inf. Reg.
Oates, Jimmy	SFC	Co. C, 3rd Bn., 13th Inf. Reg.	Ruble, Jacob	SSG	Co. C, 1st Bn., 13th Inf. Reg.
Pearce, Karen	SFC	USA Soldier Support Institute	Wasson, Micheal	SSG	Co. F, 1st Bn., 34th Inf. Reg.
Pry, Christopher	SFC	Co. C, 2nd Bn. 13th Inf. Reg.	Wright, Lachere	SSG	USA MEDDAC FJ
Ruiz, Rodolfo	SFC	Co. F, 1st Bn., 34th Inf. Reg.	Arnold, Nicholas	SGT	17th MP Det.
Ruppert, Joseph	SFC	Co. B, 1st Bn., 34th Inf. Reg.	Caswell, Coland	SGT	HHC 165th Inf. Bde.
Saunders, Mark	SFC	Co. B, Victory Support Bn.	Lambert, Jeremy	SGT	USA MEDDAC FJ
Sebastian, Michael	SFC	Co. D, 3rd Bn., 60th Inf. Reg.	Nelson, Kainaan	SGT	USA MEDDAC FJ
Shirley Joshua	SFC	4th FA Battlefield Co.	Oyebode, Priscilla	SGT	HQ/Co. A, 3rd Bn., 34th Inf. Reg.
Sickles, Braden	SFC	Co. C, 2nd Bn., 13th Inf. Reg.			

ARMY NEWS

Pentagon 9/11 memorial to open on seventh anniversary

Gerry J. Gilmore
American Forces Press Service

WASHINGTON — The husband-and-wife team who designed the Pentagon Memorial spent a gray, misty afternoon with their creation yesterday, just two weeks before its public opening.

Keith Kaseman's and Julie Beckman's proposal for the memorial's design was chosen from more than 1,100 submissions in March 2003. Soon afterward, the New Yorkers moved to Alexandria, Va., near Washington, where for more than three years they worked with construction plans and fine-tuned design details.

The memorial, Beckman said as she strolled across the grounds with her husband, will provide a "very special place on Earth" dedicated to the memory of the 184 people who died in the Sept. 11, 2001, terrorist attack on the Pentagon.

The memorial "is very contemplative, very peaceful,"

Beckman observed.

Located just outside the Pentagon, the memorial park features 184 granite-topped, stainless-steel "sculptural elements," said Jean Barnak, the Defense Department's project manager for the memorial. These elements, she said, represent the 125 lives lost in the Pentagon and the 59 deaths aboard American Airlines Flight 77 when terrorists plunged the plane into the Pentagon's west wall.

Each element has a reflecting pool of water at its base, Barnak said, which is flood-lit in the evening. The families of the attack victims also had a hand in the memorial's design, she said.

"Throughout the whole process, the families wanted to make sure that the designers were creating a park where people could come and remember and reflect and renew," Barnak said.

Kaseman, the memorial's co-designer, said he and his

wife employed a sophisticated, three-dimensional, computer-aided design program during the memorial's modeling process. Such precision was necessary, he pointed out, noting that each sculptural element contains eight primary structural components involving 28 different companies.

"That's just one example of how unique and challenging" the project was, Kaseman said. "So, it's a major success on an intellectual front, as well."

Barnak said she's very pleased with the memorial, noting that its gracefully curved structures, trees, and the soft sound of rushing water from the reflecting pools combine to produce a sense of peace and tranquility.

"I am conscious of the fact that this park does do that for people when they come out here," Barnak said.

The memorial will be officially dedicated at a Sept. 11 ceremony hosted by Defense Secretary Robert M. Gates. Thereafter, it will be open to the public 24 hours a day.

Interactive experience center changes perception of Army

Carrie McLeroy
Army News Service

PHILADELPHIA — The Army opened the Army Experience Center, a one-of-a-kind, 14,500-square-foot virtual educational facility Friday at the Franklin Mills Mall.

The AEC, central to the Army Experience Pilot Program, offers visitors the opportunity to virtually experience many aspects of Army life, while allowing the Army to evaluate new marketing strategies.

Located near a popular entertainment facility and an indoor skate park, the AEC features a number of interactive simulations and online educational opportunities. It is manned by more than 20 Soldiers who are available to share their stories with visitors and answer questions they may have about the Army. Although the Soldiers who run the center are trained recruiters, the AEC is not a recruiting center, according to Ryan Hansen of Ignited Corporation, who partnered with the Army on the project.

"The center is an attraction tool. There is no recruiting mission here," Hansen said. "Here it is more about changing perceptions."

The Soldiers at the AEC do not have quotas. They do not wear traditional Army uniforms, but rather black Army polo shirts and khaki pants. They are from diverse backgrounds and have unique stories to tell. At first glance, they seem more like tour guides than Army recruiters, and in a sense, they are. They guide center visitors through their tour of the facility.

"They are the Army," Hansen said. And as the center's slogan states, "The Army is more than you think it is."

Through market research, and proven outreach tools like the "America's Army" game and the mobile "Virtual Army Experience," Hansen said the Army learned that the best way for people to become acquainted with their Army was for them to be able to touch, feel and see the Army in a non-threatening environment. By incorporating the lessons learned from and tech-



Photo by Carrie McLeroy, Army News Service

Visitors to the Army Experience Center in Philadelphia can experience the Army via interactive components like the armored Humvee simulator.

nologies of those outreach tools, officials believe the Army Experience Center will make the Army accessible to visitors.

"What we are doing here is reaching out to Americans, giving them the opportunity to understand their Army," said Maj. Gen. Thomas P. Bostick, head of the U.S. Army Recruiting Command. "Oftentimes people have a negative perception of the Army, but the negatives are a very small part. Our Soldiers are well-trained, well-equipped and serving a great mission."

The Army Experience Center, Bostick added, will help dispel many of the myths that exist about the Army.

Transparency was one of the main focuses in the design of the center, said Maj. Larry Dillard, AEC program manager. The outside is made of glass, as are the fronts of every enclosed space within the center, with the exceptions of the simulator areas, which require low light to operate.

"Everything's transparent. We don't want to fuel the misconception that once our Soldiers tell their great Army stories, we drag kids behind a 'black curtain' and

they come out enlisted," Dillard said. "We have nothing to hide. If someone wants to know more about the Army, great. If not, at the very least we will have changed their perception of the Army. The Army is a great deal and people just don't understand that."

The idea of the center, which cost \$12 million to design and construct, was first conceived in December 2007, said Ed Walters, chief marketing officer and principal deputy secretary of the Army. "Visitors to the center will have a better idea of the training and career opportunities afforded our Soldiers, and the high-tech nature of our institution."

Upon entering the AEC, visitors provide a minimal amount of information to register — name, date of birth, address and education level. They have the option to receive additional information about the Army, but are not obligated to do so. People of all ages are welcome to visit the center, but gaming activities are limited to people 13 and older, as the Entertainment Software Rating Board rates many of the gaming ac-

tivities T for teen.

Following registration, visitors are then issued an identification card, which is swiped at each station within the center. All activities are free to participants.

"Everything in the center showcases a piece of the Army," Dillard said.

The Global Base Locator highlights Army installations throughout the United States and abroad. The Career Exploration Area lets visitors use its touch-screen technology to learn about 179 different Army career fields. The simulator area houses three simulators, including an Apache helicopter with pilot and co-pilot experiences, Black Hawk helicopter with four door gunner positions, and an armored Humvee with driver and gunner positions.

The gaming area lets visitors play America's Army, the Army's official computer game, as well as other games. There are a number of Xbox 360s plus networked PCs for video games.

The Tactical Operations Center highlights Army career opportunities in communications, command and control, military intelligence and technology. The area can also be used for group presentations and online education, Dillard said.

A large lounge area fills the middle of the AEC, and there is a small retail area that offers Army-branded merchandise and snacks for sale (the Army does not receive profits from sales).

The Army will run the Army Experience Center as a pilot program for up to two years, Walters said.

"We will be analyzing results of the various areas throughout that time, and determine if any of the innovations can be used as separate entities at other locations."

There are no plans to replicate the center in other markets at this time, Walters said.

"The Army is not all about boots and guns," Dillard said. "We want to give people the opportunity to experience the Army for themselves, so they have an understanding of what Soldiers do, and they can be proud of their service."

MWR

Outdoor recreation makes hunting accessible to all

Theresa O'Hagen

Morale, Welfare and Recreation

Outdoor Recreation has teamed up with the National Wild Turkey Federation to make hunting accessible to all.

“The NWTF does a program called Wheelin’ Sportsmen for handicap hunters in co-operation with the Veterans Administration,” explained Dan Cain, manager, outdoor recreation division, Family and Morale, Welfare and Recreation. “We did a turkey hunt and want to do a deer hunt and coordinate with the warrior in transition program, if possible, to bring out some Soldiers.”

A full schedule of hunting opportuni-

ties is planned for this season. Tentative dates for special events are as:

Oct. 11 and 25: FMWR Hunt Camp

Nov. 9: Man Drive Deer Hunt

Nov. 15: FMWR and NWTF Wheelin’ Sportsman Hunt

Nov. 29 Thanksgiving Man Drive Deer Hunt

Jan. 3: Youth Deer Hunt

Jan. 31 and Feb. 28 Deer Stand Repair Day

Deer season officially began Aug. 15.

Only antlered deer are to be taken until Sept. 15. Does and bucks may be harvested from Sept. 15 to Jan. 1. Archery deer hunting in the cantonment bow areas

begins Sept. 15.

A South Carolina Department of Natural Resources big game state license as well as a Fort Jackson permit is required to hunt on Fort Jackson.

In addition to the state regulations, all Fort Jackson hunters must present proof of completion for an approved hunter’s education course.

Hunters must also review a short post hunting safety brochure before being issued their permit.

FMWR Outdoor Recreation installed 43 new two-person buddy stands over the summer.

The stands were purchased specifically

to encourage wives to take their husbands hunting and children to get their parents involved.

State licenses, post permits, post regulations, hunting maps and more information is available at Marion Street Station on Semmes Lake.

Business hours are from 10 a.m. to 6 p.m., Wednesdays to Sundays and from 7 a.m. to 1 p.m., Mondays. Marion Street Station is closed Tuesdays. For more information, call 751-2484.

Marion Street Station is undergoing roof repairs and visitors may be required to use alternate entrances and exits during this time.



Today

Southern Style Lunch Buffet, from 11 a.m. to 2 p.m. at the Officers’ Club. The buffet is open to the public.

Visit **Century Lanes** for food, fun and bowling.

Magraders Pub is open for lunch for family members from noon to 4 p.m., Thursdays.

There will be an **Army Emergency Relief Commander’s and First Sergeants’ Referral Training** 9-10:30 a.m. at the Education Center, Room B-302.

A **Cheerleading Clinic** for ages 4-18 will be at 6 p.m. at the Youth Sports Complex.

Friday

Play **Victory Bingo** and win prizes up to \$15,000. There are guaranteed \$50 payouts.

Artistic Expression with Jake begins 6:30 p.m. at the Youth Center Teen Room.

Dance to a variety of music provided by DJ Randall at **Magraders Club** from 9 p.m. to 3 a.m. The club is located in the back of Magraders Pub, and the cover charge is \$3 for military and \$5 for civilians.

Family Golf Night begins 5 p.m. at the Fort Jackson Golf Club. Cost is \$5 per family and includes free pizza at the clubhouse.

The **First Friday Tournament** will start at 1 p.m. at the Fort Jackson Golf Club.

Saturday

Step Team practice begins 2 p.m. at the Youth Center Dance Room.

The NCO Club presents **Classic Soul Saturday** from 9:30 p.m. to 2 a.m. in the Excalibur Room. The cover charge is \$3 for military and \$5 for civilians. Live broadcasts from the BIG DM 101.3 with giveaways will be held 9:30-11 p.m.

Sunday

Come to **brunch** from 11 a.m. to 2 p.m. at the Officers’ Club.

Enjoy **Family Day at the Youth Center**, 2-6 p.m.

A free showing of “**Kit Kittredge: An American Girl**” (G) movie will be take place at 4 p.m. at the MG Robert B. Solomon Center.

Monday

The **NCO Club** presents a **full lunch buffet**, featuring fried chicken or fish, fresh vegetables, a full salad bar, soup, assorted desserts and a beverage from 11 a.m. to 1:15 p.m. for \$7.

Tuesday

Movie Night begins 6 p.m. at the Youth Center in the Teen Room.

Enjoy **free movies** every Tuesday at Magraders Pub.

An **Insurance class** will be 1:30-3:30 p.m. at the Education Center, Room B-302.

The **Exceptional Family Member Program trip** to the Edventure Children’s Museum will be at 5 p.m.

An **Online Career Exploration** workshop will take place 9-11:30 a.m. at Army Community Services.

The **WGA Fall Championship** starts at 9 a.m. at the Fort Jackson Golf Club.

Wednesday

Be a sensation with **Karaoke with Tom Marable at Magraders Club** at 7:30 p.m. Cover charge is \$3 for military and \$5 for civilians.

The **WGA Fall Championship** continues at 9 a.m. at the Fort Jackson Golf Club.

Ongoing Offers

- The **NCO Club lunch buffet** is served from 11 a.m. to 1:15 p.m., daily. The cost is \$7 for adults and \$3.75 for children.

- The **NCO Club breakfast** is served 6-9 a.m., Monday through Friday. The cost for adults is \$7 and \$3.75 for children 4-10 years old.

- The **Officers’ Club specializes in catering** wedding receptions, anniversaries, promotions and other special occasions.

- The **NCO Club caters** to all your needs: dining in, dining out, promotions, breakfasts, meetings, birthdays, weddings, graduation, retirements and other special occasions.

- **Victory Travel** has special offers for a variety of dinner shows and attractions. Some require reservations. For more information, visit Victory Travel in the MG Robert B. Solomon Center.

COMMUNITY HIGHLIGHTS

Help! We need a home



Photos by Ashley Henry

These cats and dogs are at the Fort Jackson Veterinary Clinic, and they all need a home. From top left, clockwise: 1-year-old neutered and microchipped male lab; 8-week-old black kittens; 6-month-old male kitten; 2-year-old orange male cat; 4-month-old male lab-mix puppy. For information on these or other pets for adoption, call the Veterinary Clinic at 751-7160.

2:30-3:30 p.m., Wednesday at the Strom Thurmond Building, Room 213. For more information, call 751-4862/6325.

Education Center. For more information, call 751-4862/6325.

Fort Jackson Shred Day

The Fort Jackson Recycle Center is having a Shred Day from 9 a.m. to 1 p.m., Sept. 17 at the Recycling Center. This program is open to everyone on Fort Jackson. For more information, call 751-4208.

Family Readiness Group Leadership Training

There will be a Family Readiness Group Leadership Training from 9 a.m. to 4 p.m., Sept. 22 and 23 at Dozier Hall, 10300 Marion St. RSVP by Sept. 17. For more information, e-mail Patricia.A.Guillory@us.army.mil.

EEO Training for New Supervisors and Managers

An EEO Training for new supervisors and managers is set from 7:30 a.m. to noon, Sept. 30 at the USAR Readiness Command, 9810 Lee Road, Room 193. The training will address EEO laws, roles and responsibilities and how to avoid disputes. For more information or to register, call 751-5443.

Upcoming

Personal Financial Readiness Class

A Personal Financial Readiness Class is set for 8:30-10:30 a.m., Sept. 11 at the Education Center, Room B-302. For more information, call 751-4862/6325.

Army Integrated Family Support Network Training

There will be an Army Integrated Family Support Network Training from 9 a.m. to noon, Sept. 15-16 at Dozier Hall, 10300 Marion St. For more information, e-mail Patricia.A.Guillory@us.army.mil.

Consumer Rights and Obligations Class

A Consumer Rights and Obligations Class is set for 8:30-10:30 a.m., Sept. 16 at the Education Center, Room B-302. For more information, call 751-4862/6325.

Flamingo Women Support Group

There will be a Flamingo Women's Support Group meeting from 10 a.m. to noon, Sept. 16 at the Joe E. Mann conference room. For more information, call 751-4862/6325.

Sponsor Training

A Sponsor Training class is set for 1-2 p.m., Sept. 16 at the Strom Thurmond building, Room 213. For more information, call 751-4862/6325.

Using Credit Wisely

There will be a Using Credit Wisely workshop 1:30-3:30 p.m., Sept. 16 at the Education Center, Room B-302. For more information, call 751-4862/6325.

Personal Financial Readiness for 1st Termers

There will be a Personal Financial Readiness for 1st Termers seminar from 8:30 a.m. to 4:30 p.m., Sept. 17 at the Education Center, Room B-302. For more information, call 751-4862/6325.

Quick Jobs Seminar

There will be a Quick Jobs Seminar from 9 a.m. to noon, Sept. 17 at the Education Center, Room B-206. For more information, call 751-4862/6325.

Play Group

A play group is set for 10-11:30 a.m., Sept. 17 at the Chuck E. Cheese on Burning Bush Road. For more information, call 751-4862/6325.

Steps to Federal Employment

A Steps to Federal Employment workshop is set for 1-3:30 p.m., Sept. 17 at the

This Week

Parents Who Care (Infants-6 years old)

There will be a Parents Who Care meeting for parents with children 6 years old and younger from 10 a.m. to noon, today at the Joe E. Mann conference room. For more information, call 751-4862/6325.

Fort Jackson Spouses' Club

The Fort Jackson Spouses' Club will have a membership drive and information fair from 10 a.m. to 2 p.m., Tuesday at the MG Robert B. Solomon Center. The Spouses' Club is an all-ranks and civilian spouses' group. For more information, e-mail Ft.JacksonSpousesClub@yahoo.com.

Baby Basics, Baby Bundle and Dad 101

Baby Basics, Baby Bundle and Dad 101 is set from 10 a.m. to 1 p.m., Tuesday at the Joe E. Mann conference room. For more information, call 751-4862/6325.

Divorce and Money

There will be a Divorce and Money workshop 1:30-3:30 p.m., Tuesday at the Education Center, Room B-302. For more information, call 751-4862/6325.

Exceptional Family Member Program Support Group Outing

There will be an EFMP Support Group outing to EdVenture at 5 p.m., Tuesday. For more information, call 751-4862/6325.

WorkKeys Assessment

A free WorkKeys Assessment test will be given 9-11 a.m. Tuesday, from 8:30

a.m. to 4 p.m., Sept. 16 and 23 and from 9 a.m. to noon, Sept. 24. The test enhances a resume and demonstrates skill potential to employers. These dates will include instructional activities, classes and the assessment. Participants must attend all dates. All candidates must preregister by calling 751-5452.

Warrant Officer Recruiting Briefings

A warrant officer recruiting team from Headquarters, U.S. Army Recruiting command will conduct briefings on qualifications and applications procedures for Soldiers interested in becoming warrant officers at 9:30 a.m. and 1:30 p.m. daily, Wednesday-Sept. 12 at the Education Center, Room B-303. For more information, call (502)626-0328.

Thrift Savings Plan

There will be a Thrift Savings Plan seminar 8:30-10:30 a.m., Wednesday at the Education Center, Room B-302. For more information, call 751-4862/6325.

Successful Interviewing and Salary Negotiations

A Successful Interviewing and Salary Negotiations seminar is set from 9 a.m. to noon, Wednesday at the Education Center, Room B-206. For more information, call 751-4862/6325.

Retired Officers Wives Club

The Retired Officers' Wives Club will meet at 11:30 a.m., Wednesday at the Fort Jackson Officers' Club. RSVP by Friday. For more information or to RSVP, call 788-5084 or 783-1220.

Phase II LEVY Briefing

There will be a Phase II LEVY Briefing

Announcements

High School Senior Stabilization

Soldiers may request to remain in their current duty assignment until their child in high school graduates by submitting a DA form 4187 through their chain of command. For more information, call (703) 325-4422/5191.

God's Soldier World Premier

The World Premier of God's Soldier, a documentary following U.S. Army Chaplain (Capt.) Charles Popov during his 2006-2007 tour of duty in Iraq, will begin at 8 p.m., Wednesday on Time Warner Digital Cable channel 117. Popov is the chaplain for the 2nd Battalion, 27th Infantry Regiment, who are one of the most battle-tested battalions in Iraq and throughout their 15-month deployment lost 18 Soldiers.

Chapel CTOF Contracts

All Daniel Circle CTOF contract positions are open for interview Sept. 1-20. Interviews will be conducted by the chapel officer in charge. For more information, call 751-1297/4478.

National POW/MIA Day Observance

Fort Jackson will host a POW/MIA Day Observance during the Basic Combat training graduation at 9 a.m., Sept. 19 at Hilton Field. The ceremony will honor Armed Forces personnel who are prisoners of war and recognize former POWs.

Legal Education Program

The Office of the Judge Advocate

COMMUNITY HIGHLIGHTS

Army Achievement Medal



Photo by Ashley Henry

Sgt. 1st Class Ray Brown, Company B, Victory Support Battalion, is awarded the Army Achievement Medal from Brig. Gen. Bradley May, Fort Jackson commanding general, Aug. 27 at Victory Rally.

Civilian Service Award



Photo by Ashley Henry

Ann Padgett, housing services chief, accepts the Commander's Award for Civilian Service from Brig. Gen. Bradley May, Fort Jackson commanding general, Aug. 27 at Victory Rally.

Achievement Medal



Photo by Ashley Henry

Merryl Christopher, G3/DPTMS training technician, accepts the Achievement Medal for Civilian Service from Brig. Gen. Bradley May, Fort Jackson commanding general, Aug. 27 at Victory Rally.

General is now accepting applications for the Army's Funded Legal Education Program. Selected officers will attend law school beginning Fall 2009. Officers interested in applying should register for the Law School Administration Test. For more information on the application process and eligibility criteria, call 751-7657.

Recurring Meetings

Weekly

Walking Away Stress meets at 9 a.m., Mondays and Fridays at the pecan orchard near the post office on Early Street. For a walking log or more information, call 751-6325.

Play Group meets 10-11:30 a.m., Mondays at 5953C Parker Lane. For more information, call 751-5256/6325.

Range Control Briefing is held at 1 p.m., Mondays and Fridays at the Education Center, Room 302. For more information, call 751-7171.

Helping Everyone Reach Optimum Strength meets 5-6 p.m., Tuesdays at Moncrief Army Community Hospital, seventh floor. It is open to combat veterans and their family members. For more information, call 751-2160/2183.

Medical Board Office is closed from 7:30 a.m. until 1 p.m., every Thursday. For information, call 751-0359/7152/7318.

Protestant Women of the Chapel meet Thursdays from 9:30 a.m. to 12:30 p.m. at the Main Post Chapel. Homeschoolers are welcome and evening studies are available. Free child care is available. For information, e-mail pwocjackson@yahoo.com.

Overseas Travel Clinic is held from 8:30 a.m. to noon, Fridays. For more information, call 751-5151.

Military Widows/Widowers Association meets at 2 p.m., Sundays at Moncrief Army Community Hospital, eighth floor. For more information, call 787-2469.

Monthly

The Ladies Auxiliary meets at 3 p.m., the second Sunday of the month at 534 S. Beltline Blvd. Call 782-5943 or 782-0148 for more information.

Civil Air Patrol meets at 6:30 p.m., the first Monday of the month at Columbia's downtown airport, Owens Field, main conference room. For more information, e-mail tom.alsup@gmail.com or visit online at www.scwg.cap.gov.

Weight Loss Surgery Support Group meets at noon the second and fourth Monday of the month at the Weight Management Center, 180 Laurel Street, Columbia.

The group also meets the second and fourth Tuesday of the month at 6:30 p.m. at the Palmetto Health Baptist Breast Health Center, 1501 Sumter St., Ground Level, Meeting Room 2, Columbia.

Seabees meet at 7 p.m., the second Monday of the month at the West Metro Chamber of Commerce and Visitors Center. Call 755-7792, 736-0841 or 755-0300

for more information.

Veterans of Foreign Wars meet at 7:30 p.m., the second Monday of the month at 534 S. Beltline Blvd. Call 782-5943 or 782-0148 for more information.

Fort Jackson Enlisted Spouses' Association meets at 6:30 p.m., the third Monday of each month at 5942E Thomas Court. For more information, call 665-4170 or e-mail esa2005ff@yahoo.com.

Sergeant Audie Murphy Club meets at 11:30 a.m., the first Tuesday of the month at the Post Conference Room www.jackson.army.mil/360/SAMC/home.htm.

American Legion Post #182 meets at 7 p.m., the first Tuesday of the month at the Officers' Club. For information, call 351-2333.

Disabled American Veterans meet 6 p.m., the second Tuesday of the month at 511 Violet St., West Columbia. For information, call 796-7122.

Fleet Reserve Association Unit 202 meets at 1 p.m., the third Tuesday of the month at 2620 Lee Road. Call 482-4456 for information.

Purple Heart #402 meets at 7 p.m., the fourth Tuesday of the month at the American Legion Post #6 on Pickens Street. For information, call 351-2333.

American Red Cross new adult volunteers orientation is the third Wednesday of the month from 9 a.m. to noon at building 2179 on Sumter Avenue. For more information, call 571-4329.

"Victory Riders" Motorcycle Club meets at 5 p.m., the first and third Thursdays of the month at Magraders Club. For information, e-mail sec@ffvictoryriders.com.

Society of American Military Engineers meets 11:30 a.m., the fourth Thursday of the month. For information, call 254-0518 or 765-0320.

Diabetes Support Group meets at 6 p.m., the last Thursday of the month in the Moncrief Army Community Hospital fourth floor dining facility. For information or to register, call 751-2501.

MEDPROS training will be held 1-4 p.m., the third Friday of the month, at the hospital, Room 9-83. For more information or to register, e-mail Jaclynne.Smith@amedd.army.mil.

Retired Enlisted Association meets at 5:30 p.m., the third Friday of the month at the hospital, third floor. For information, call 740-2319 or e-mail jrogers11@sc.rr.com.

92nd Buffalo Chapter 20 DAV meets at 11 a.m., the third Saturday of the month, except July and August, at the DAV Headquarters 511 Violet St., West Columbia. For information, call 260-1067.

U.S. Navy Sea Cadets, for 11-18 year olds, meet the third weekend of the month. For information call 622-8707.

To submit a recurring meeting, e-mail the name of the group, when and where the meeting takes place and contact information to fjleader@conus.army.mil.

AUSA Golf Tournament

The Fort Jackson — Palmetto State Chapter of the Association of the United States Army will sponsor the 21st Annual J. Willis Cantey Memorial Golf Classic at noon, Sept. 17 at the Fort Jackson Golf Club. Registration forms can be picked up at the golf course.

Free Voice Lessons

The Columbia Chapter of the Sweet Adelines International Chorus is offering free voice lessons to women at 7 p.m., every Thursday until Sept. 18 at Lexington Baptist Church. For more information, call 732-9960 or visit www.heartofcolumbia.com.



The following are incidents compiled from reports, complaints or information received from the Fort Jackson Provost Marshal Office.

The incidents reflected are not an adjudication attesting to the guilt or innocence of any person and are provided for informational and reflective purposes only.

Lt. Col. Ronald F. Taylor
Director, Emergency Services/Provost Marshal

Sgt. Maj. Allen Taylor Jr.
Provost Sergeant Major

Billy Forrester
Fire Chief

Cases of the Week

Four illegal immigrants were arrested while they were trying to enter the installation. Security officers called the authorities after two illegal immigrants presented false identification to gain access to Fort Jackson, Military Police said.

The men were working for an off-post company, according to MPs. In a separate incident 15 minutes later, two illegal immigrants tried to enter the installation at another gate, MPs said. All four were processed and released to Immigration and Customs Enforcement.

A Soldier was arrested for drunken driving after a breath test revealed a blood alco-

hol content of 0.09 percent. The legal limit in South Carolina is 0.08 percent. Security officers at a gate reported the Soldier to MPs because they smelled alcohol, MPs said. The Soldier failed three standard field sobriety tests, according to MPs. The Soldier was processed and released to his unit.

A civilian was arrested in an attempt to pay for food with a counterfeit \$100 bill. The civilian told MPs that an unknown person approached him off post, asked him for change and gave him the counterfeit bill.

Two Soldiers were arrested in connection with the theft of \$400 from another Soldier's locker. The Soldiers removed the victim's locker key from his neck while he was sleeping, MPs said. The Soldiers were processed and released to their units.

Tip of the Week

The school year has started. Be mindful of the schools located on post. Be aware of the posted speed limits in school zones. Watch out for children walking in and around the school zones.

crimestoppers

1-888-559-TIPS

www.midlandscrimestoppers.com

August courts-martial

The following is a list of all courts-martial that were convened in August at Fort Jackson:

— On Aug. 5, Staff Sgt. Jermaine M. Long was convicted at a Special Court-Martial under Article 92, violating a lawful general regulation, and Article 134, adultery. Long engaged in an inappropriate sexual relationship with a Basic Combat Training Soldier in violation of Fort Jackson Regulation 600-3. Long was sentenced to reduction to the grade of E-3 and confinement for three months. Long is currently serving his confinement at the U.S. Navy Consolidated Brig, Charleston, SC.

— On Aug. 20, Staff Sgt. Edgar L. Oliva, Jr. was convicted at a General Court-Martial under Article 92, violating a lawful general regulation; Article 120, wrongful sexual contact; and Article 125, sodomy. Oliva sexually assaulted a BCT Soldier in violation of FJ Regulation 600-3, and Articles 92 and 120, Uniform Code of Military Justice. Oliva also engaged in an inappropriate personal relationship with another BCT Soldier in violation of FJ Regulation 600-3. Oliva was sentenced to reduction to the grade of E-1, confinement for 18 months, and a Bad Conduct Discharge. Oliva is currently serving his confinement at Fort Knox Regional Corrections Facility, Fort Knox, Ky.

Citations issued in August

Speeding In a 20 MPH Zone	61
25 MPH Zone	45
30 MPH Zone	15
35 MPH Zone	24
40 MPH Zone	8
45 MPH Zone	10
Failure to Leave Public Premises	1
Littering	10
Shoplifting	6
No Driver's License in Possession	9
No Proof of Insurance	4
Expired DL	2
Driving Under Suspension	7
Expired Vehicle Reg.	5
Expired Registration	1
Suspended Plate	2
Expired Decals	1
No Registration	1
Failure to Stop for Blue Lights	2
Hit and Run	1
Following Too Closely	2
Improper Starting	3
Improper Left Turn	2
Failure to Yield (Stop Sign)	2
Impeding Traffic Flow	2
Parking in a No Parking Zone	9
Failure to Stop at Stop Sign	5
Driving Under the Influence	2
Improper Backing	18
Improper Rear Lights	2
Unsafe Equipment	2
Seat Belt Violation	6
Disregard Traffic Signal	3
Failure to Obey TCD	7
Failure to Surrender Tag	1
Open Container in Vehicle	1
Simple Assault	1
Simple Possession	1

Total: 284

FORCE PROTECTION

THOUGHT OF THE WEEK

ANTITERRORISM EXERCISE

Sept. 10, 11 a.m. to 6 p.m.

Hilton Field

DON'T BE ALARMED

Be Aware

HEALTH

Ready-Army offers emergency preparedness

Lt. Col. Nick Cressy and Dr. Keith Steinhurst
Headquarters, USA Medical Command

The management of emergencies and preparation for response and recovery are not new to the Army — indeed, for more than 200 years the Army and its medical department effectively have managed emergencies, ranging from personal injury, illness and disease, to battlefield trauma, disasters — natural and man-made, both international and domestic.

Though the operational climate of emergency preparedness and response has evolved in tandem with the advent of international terrorism and its deleterious effects; the human element — the officers, Soldiers and civilians and their families who comprise the Army team, face this asymmetric threat as a unified whole.

This “one-team,” like the medical department paradigm of “conserving the fighting strength,” has to remain vigilant, well-trained and equipped to continue offering quality, concerned and compassionate care — on time, on target and in any environment. Ready-Army is a new preparedness program to assist Soldiers and their families to

do just that. When Soldiers and families are prepared, Army communities will be able to withstand whatever comes their way.

This “one-team” concept parallels, in many respects, the “one-staff” concept of the Medical Command and Office of the Surgeon General — though geographically separate, the staff operates as a functional whole, able to command and control vast medical personnel and materiel assets in a dynamic operational environment. This is a useful concept when thinking about emergency preparedness for your family:

If the whole family is not together when something happens, will everyone — even the children — know what to do? Emergency preparedness and response is not very different from military missions. It is known how individual readiness contributes to unit readiness, and it is the same with emergency preparedness.

Individual and families who have a high level of preparedness are likely to be resilient during emergencies and disasters — able to continue functioning and restore themselves quickly afterward. The well-prepared are less

likely to need assistance from emergency responders, and these prepared individuals and families contribute to community resilience by being able to assist others, including neighbors, family members and friends.

The challenge is that appropriate emergency response is keyed to preparedness, and preparedness requires a proactive approach. So, get a kit (gather emergency supplies for home, car and workplace), make a plan (plan ahead for various emergencies), and be informed about emergencies most likely to affect you and your family, depending on your geographic area.

Preparing for emergencies brings peace of mind and, hopefully, will prevent an emergency from becoming a disaster.

Complete information about Ready-Army and Army Emergency Management programs and resources for individual preparedness, including useful links and checklists are available by e-mail at armyem@conus.army.mil. For more information, visit <http://www.ready.gov>, <http://www.redcross.org>, <http://www.fema.gov/plan>, <http://www.pandemicflu.gov>, or <http://www.who.int>.

Immunizations — effective ‘body armor’ for Soldiers

Mary Katherine Murphy
*U.S. Army Center for Health
Promotion and Preventive Medicine*

Wouldn’t you rather get a shot than be sick for a week or longer and risk compromising a mission? This is a question that Soldiers should ask themselves when facing vaccinations at basic training and before deployment.

Thanks to vaccinations, humans have the amazing ability to develop immunity to diseases without having to experience the disease.

Scientists have been able to develop vaccinations to protect people from diseases that used to be common in the past.

“Vaccinations are excellent tools in preventing serious illness in our Soldiers,” explained Lt. Col. Rodney Coldren, a physician and disease epidemiology program manager at the U.S. Army Center for Health Promotion and Preventive Medicine.

How vaccinations work

Vaccinations work by trying to simulate infection by either bacteria or a virus. If a Soldier has immunity against a certain disease, he may not develop that disease if exposed to it, or may get less sick because of the immunity the vaccination helped form.

Risks

There are known adverse reactions to some immunizations. The most common reactions are minor, temporary pain at the

injection sight, swelling, fever and flu-like symptoms.

Soldiers may experience minor reactions to immunizations because the immune system is stimulated and releases chemicals into the body, “as it would during an actual infection,” Coldren said. He said this is what causes the Soldier’s body to have minor symptoms (such as a fever) similar to those that would be experienced with the actual disease. More severe reactions are rare, but they do occur.

“There are very rare, serious complications to any vaccination, and different vaccinations have higher complications rates than others,” Coldren said.

More rare complications can include neurological reactions and allergic reactions, which can range in severity. Soldiers should know the signs of negative reactions (trouble breathing, hives, rash, fever, muscle weakness) so they can report them to their health care provider immediately and receive treatment, Coldren said.

Coldren considers vaccinations to be a better route than experiencing the actual diseases.

“Any disease for which a vaccine is being given poses a far greater threat to a Soldier’s health than the very small risk associated with a vaccination,” he said. With rare exceptions, vaccines given to Soldiers are approved by the U.S. Food and Drug Administration.

Vaccinations for adult protection

Vaccinations are given to Soldiers based on the diseases they are at risk of acquiring. Soldiers are given the same vaccinations as any member of the population who might be living in close quarters, such as college students, according to Coldren.

These vaccinations include tetanus-diphtheria-pertussis, measles, mumps, rubella meningococcal, pneumococcal, polio, influenza (flu shot), Hepatitis A and B, varicella (chicken pox) and the HPV (human papillomavirus virus) vaccination, which is offered to all women younger than 26.

Soldier medical records are reviewed before basic training. Soldiers who cannot provide evidence of previous immunizations needed for adult protection are administered the appropriate vaccinations at the start of basic training unless a Soldier shows any contraindications (potential for negative reactions).

Other vaccinations such as anthrax, Japanese encephalitis, typhoid and yellow fever are given based on deployment location and potential risk because of mission requirements.

The newest immunization available is the HPV vaccination. HPV is one of the most common sexually transmitted infections and can cause cervical cancer.

“Our young female Soldiers are at the age that is being targeted nationally with this vaccination,” Coldren pointed out. The vaccination, which is optional, protects

against HPV 6, 11, 16 and 18. HPV 16 and 18 have been found to cause 70 percent of cervical cancer and HPV 6 and 11 cause 90 percent of genital warts.

“Developing a vaccine for one of the most common sexually transmitted infections is a real breakthrough,” according to Col. Michael Custer, a public health nurse who heads CHPPM’s directorate of Health Promotion and Wellness. Custer said the vaccine can greatly reduce the risk of female Soldiers developing cervical cancer and other reproductive disorders throughout their lives.

“The Department of Defense and Army continually strive to do everything we can to protect our military from diseases at home and abroad,” Coldren added.

Soldiers and civilians should do the same by keeping their vaccinations and boosters up-to-date. Immunizations protect more than Soldiers; they help protect our way of life and mission readiness. This makes them one of the most cost-effective and successful public health strategies for the Army.

So, instead of moaning and groaning the next time the doctor wants to give you a vaccination, welcome the shot.

For more information, visit www.vaccines.mil/Default.aspx or www.fda.gov/CBER/products/hpvmer060806qa.htm.

The immunization clinic on Fort Jackson can be reached at 751-0376.

Health Talks

To have a professional staff member from MEDDAC address a group on health care subjects or preventive medicine, call the health promotion coordinator at 751-5035 or the Department of Quality Management at 751-2501.

Helpful Information

Toll-free phone number for MACH is (877) 273-5584 or call locally at 751-CARE (2273), or visit www.moncrief.amedd.army.mil www.tricare.osd.mil

TRICARE Prime

Beneficiaries enrolled in TRICARE Prime at MACH can schedule an appointment 24 hours a day, seven days a week at www.tricareonline.com or www.moncrief.amedd.army.mil. For more information call 751-2752.

CHAPEL

Listening through the noise

Chaplain (Maj.) Steve Austin
U.S. Army Chaplain Center and School

In the military, we are used to working around noise: the roar of aircraft on the flight line, the sound of small-arms fire and heavy artillery.

At the chaplain school, we train chaplains to be loud when they preach — so they can be heard above a noisy generator or something else.

We may also experience a lot of figurative “noise” in our lives — noise that comes from, for example, being too busy or over-committed. This noise makes it difficult for us to hear God because we are not able to focus our attention.

We see something like this in the 19th chapter of 1 Kings: In a particularly intense period of his life, the prophet Elijah retreats to the mountains where, looking for refuge, he hides in a cave. From that vantage point, he watches wind, earthquake and fire pass him by — but those loud things do not carry the voice of the Lord. Instead, Elijah must wait for what scripture calls “a gentle whisper” — and in that whisper, he hears God.

Often, we have to get away from the noise before we can listen to God. That may mean temporarily disconnecting ourselves from the electronic devices that seem to run our lives. It may mean budgeting time in a busy schedule to pray and study. Or it may require taking a break, a “sabbath,” from the duties and commitments that absorb our attention.

And when we do that, we are free to listen to the one who put us here.

Calling All Prayer Warriors

Meetings are held in the Main Post Chapel, Room 213, Thursdays, from noon to 12:45 p.m., to intercede for the nation’s military and families.

PWOC Bible Study

9:30 a.m. to 12:30 p.m. Thursday
Main Post Chapel
more: pwocjackson@yahoo.com

Worship services

Protestant

- Sunday 8 a.m. and 10:45 a.m. Daniel Circle Chapel (Gospel)
8 a.m. Bayonet Chapel (Hispanic)
9:00 and 10:30 a.m. Magruder Chapel
9:30 a.m. Main Post Chapel
10:45 a.m. Post-wide Sunday School (Post Chapel)
11 a.m. Daniel Circle Chapel
11 a.m. Memorial Chapel
11 a.m. Chapel Next
Chaplain School
 - Wednesday 7 p.m. Gospel Mid-week Service Daniel Circle Chapel
- PROTESTANT BIBLE STUDY**
- Monday 7 p.m. Women’s Bible Study (PWOC - Post Chapel, Class 209)
 - Wednesday 7 p.m. Anderson Street Chapel
7 p.m. Daniel Circle Chapel
7 p.m. Gospel Congregation’s Youth (Daniel Circle Chapel)
 - Thursday 9:30 a.m.-12:30 p.m. Women’s Bible Study (PWOC, Post Chapel)
6 p.m. Neighborhood CMF/OCF Bible Study (Call 790-4699)
7 p.m. LDS Bible Study (Anderson Chapel)
 - Saturday 8 a.m. Men’s Prayer Breakfast (Post Chapel, (every second Saturday of the month in Chapel Fellowship Hall)

- PROTESTANT YOUTH OF THE CHAPEL**
- Sunday 5 p.m. Daniel Circle Chapel (1st & 3rd Sundays)
 - Wednesday 6:30 p.m. Main Post Chapel

Lutheran/Episcopalian

- Sunday 8 a.m. Memorial Chapel

Islamic

- Sunday 8-10 a.m. Islamic Studies
- Friday 12:30-1:45 p.m. Jumah Services (both — Main Post Chapel)

Church of Christ

- Sunday 11:30 a.m. Anderson Chapel

Catholic

- M-F 11:30 a.m. Mass (Post Chapel)
- Sunday 8 a.m. Mass (Solomon Center)
11 a.m. Mass (Main Post Chapel)
9:30 a.m. Mass (120th AG Battalion Chapel)
9:30 a.m. CCD (Education Center)
9:30 a.m. Adult Sunday School
12:30 a.m. Catholic Youth Ministry
- Wednesday 7 p.m. Rosary
7:30 p.m. RCIA/Adult Inquiry

Jewish

- Sunday 9:30-10:30 a.m. Memorial Chapel
10:30-11:30 a.m. Jewish Book Study (Post Conference Room)

Latter Day Saints

- Sunday 9:30-11 a.m. Anderson St. Chapel

Addresses, phone numbers

Daniel Circle Chapel — 3359 Daniel Circle, Corner of Jackson Blvd., 751-4216
Main Post Chapel — 4580 Strom Thurmond Blvd., corner of Scales Ave., 751-6469
Bayonet Chapel — 9476 Kemper St., 751-4542
Family Life Chaplain - 4850 Strom Thurmond Blvd. (inside of Main Post Chapel), 751-5780
Anderson St. Chapel — 2335 Anderson St., Corner of Jackson Blvd., 751-7032
Education Center — 4581 Scales Ave.
Magruder Chapel — 4360 Magruder Ave., 751-3883
120th Rec. Bn. Chapel — 1895 Washington St., 751-5086
Memorial Chapel — 4470 Jackson Blvd., 751-7324
Chaplain School — 10100 Lee Road, 751-8050

SPORTS/FITNESS

Distance races run in the family

Susanne Kappler
Leader Staff

Every year since 1985, runners from the Army family and from around the world have come together in Washington to participate in the Army Ten-Miler. For one Fort Jackson couple, competing in the race has become a family tradition.

Sgt. 1st Class Greg Wyrobek, a tuba player with the 282nd Army "Victory" Band, will compete Oct. 5 in his 12th Army Ten-Miler since 1996, missing the race in 2003 only because he was deployed to Iraq. His wife — Staff Sgt. Norma Wyrobek, who plays oboe for the band — will participate for the second straight year.

"They are both dedicated runners and help others when running," said Cindi Keene, sports coordinator. "Once Greg finishes our Ten-Miler qualifier, you can always count on him to go back out and help others to finish the race."

Greg ran the Army Ten-Miler in 1 hour, 1 minute, 18 seconds last year, finishing 126th out of more than 17,500 runners — a result he was not happy with.

"Last year, I had a really bad race," he said. "That was the first year since I've been running that I didn't make the time (I set for myself)."

His goals are to finish the race in less than one hour and placing in the top 100 overall.

"The key this year is, I'm really going to have to go out and force myself to hold back to maybe about a 5:45- or six-minute mile," he said, pointing out that running too fast at the beginning of the race was a factor in the outcome last year.

In addition to the Army Ten-Miler, Greg has competed in races throughout the Southeast and is ready to take on any distance.



Photo by Susanne Kappler

Sgt. 1st Class Greg Wyrobek finishes first during the Army Birthday 5K run at Fort Jackson June 14. He will compete in his 12th Army Ten-Miler Oct. 5.

"(Distance) doesn't matter to me," he explained. "If I train for a 5K race, I'll be doing workouts that are geared toward that. If I train for a 10-mile race, I'll be doing workouts that are geared toward that. I run anything from 2-mile APFT (Army physical fitness test) runs to full marathons, which are 26.2 miles."

Norma is also an experienced runner. "I was stationed in Alaska and I did 5 and 10K races," she said. "Last year was my first Ten-Miler, but I had already done a half marathon in Nashville. That was my first long-distance (race). It was fun."

Their shared passion for running also played a role in bringing the Wyrobeks together.

"I think one of our very first dates was a 5K race," Norma said.

The couple have spread their love of the sport to other Soldiers in their unit as well. Spc. Jessica Thayer, a trom-

bone player with the band, will be running her first Army Ten-Miler this year.

"When the Wyrobeks told me about the Ten-Miler, I was all about it, because I figured I might as well try," Thayer said.

The Ten-Miler will be her third and, so far, longest competitive race, and her goal is to finish in less than two hours.

Norma enjoys running as a means of self-accomplishment and does not aim for a specific time, especially since she has just recovered from a hip injury. Despite having participated in numerous races, she does not consider herself a "competitive runner."

"My nickname at basic training, here at Fort Jackson, was 'turtle,' because I was the slowest runner," Norma remembered. "I've been the slowest runner in my units. But, hey, bring it on."

"She's out there working and she's trying," Greg said. "I'm proud of her."
Susanne.Kappler1@us.army.mil

Sports Briefs

Flag Football

Letters of intent for playing flag football are due to the Sports Office by 2 p.m., Sept. 10. The season will begin later this month.

Ultimate Frisbee

Letters of intent for playing ultimate frisbee are due to the Sports Office by noon, Sept. 10. The season will begin later this month.

Free Youth Skill Sessions

A free Cheerleading Clinic will begin 6 p.m., Sept. 4 at the Youth Sports Complex for children 4-18 years old.

A Fun Run cross country clinic will begin 6 p.m., Sept. 10 at the Youth Sports Complex for children 6-18 years old.

A free Bump/Set & Spike volleyball clinic will begin 6 p.m., Sept. 17 at the Youth Sports Complex for children 8-18 years old.

Participants must first register with the Central Enrollment Office to participate in any event. For more information, call 751-5040.

**For youth sports,
call 751-5610/5040;
For golf information,
call 787-4437/4344;
For sports information,
call 751-3096.**

Fall Youth Sports Signup

Registration is open for fall youth flag football, cheerleading, soccer cross country and volleyball. Participants must first register with the Central Enrollment Office. Proof of age and a current physical are required to register.

Flag football for 6-13 year olds: Sept. 20 through Nov.

1. Practice is twice a week 5-7 p.m., with games played on Saturday. The registration fee is \$30, but additional children from the same family cost \$27. The fee includes a jersey and trophy.

Cheerleading for 4-13 year olds: Sept. 20 through Nov.

1. Practice is twice a week 5-7 p.m. The fee is \$30, but additional children from the same family cost \$27. The fee includes skirt, top and trophy.

Soccer for 3-18 year olds: Sept. 20 through Nov. 1. Prac-



tice is twice a week 5-7 p.m. The fee is \$30, but additional children from the same family cost \$27. The fee includes jersey, shorts and trophy. This is an off-post league, and a birth certificate is required at registration.

Volleyball for 8-18 year olds: Sept. 20 through Nov. 1.



Practice is twice a week 6-8 p.m. The fee is \$30, but additional children from the same family cost \$27. The fee includes jersey, shorts and trophy.

Cross country for 6-18 year olds: Sept. 10 to November.



Practice is twice a week 5-7 p.m. The fee is \$40, but additional children from the same family cost \$27. The fee includes jersey, shorts and trophy.